



Appl. No. 09/980,620

**AMENDMENTS TO THE CLAIMS**

Please amend the claims as follows:

1-4. (Cancelled).

5. (Currently Amended) A method of promoting sleep comprising administering to a patient suffering from a sleep disorder a capsule comprising a composition comprising sugar, L-theanine powder coated with gum arabic, flavor and tartaric acid.

6. (Previously Presented) The method of claim 5, wherein the sugar is granulated sugar.

7. (Previously Presented) The method of claim 5, wherein the composition further comprises malt syrup.

8. (Cancelled).

9. (Previously Presented) The method of claim 5, wherein said disorder is that caused by changes in a body rhythm.

10. (Cancelled).

11. (Previously Presented) The method of claim 5, wherein the theanine is administered in an amount of from 50 to 100% by weight.

12-15. (Cancelled).

16. (Previously Presented) The method of claim 5, wherein the composition further comprises a mineral.

17. (Previously Presented) The method of claim 16, wherein the mineral is a metal salt.

18. (Previously Presented) The method of claim 17, wherein the metal salt contains an element selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, and vanadium.

19. (Cancelled).

20. (Previously Presented) The method of claim 5, wherein the composition is administered at a dose of 0.2 to 200 mg/kg weight.

21. (Currently Amended) A method for promoting sleep in a human having a sleep disorder, comprising:

administering to a human a capsule comprising an effective amount of theanine powder coated with gum arabic to moderate or ameliorate a sleep disorder selected from the group consisting of insomnia, vigilance in middle of sleep, vigilance in early morning and disturbance of restful sleep.

22. (Previously Presented) The method of claim 21, wherein said human suffers from insomnia.

23. (Previously Presented) The method of claim 21, wherein said human suffers from vigilance in middle of sleep.

24. (Previously Presented) The method of claim 21, wherein said human suffers from vigilance in early morning.

25. (Previously Presented) The method of claim 21, wherein said human suffers from disturbance of restful sleep.

26. (Previously Presented) The method of claim 21, wherein said effective amount of theanine is administered to said human on a daily basis.

27. (Currently Amended) The method of claim 21, wherein said theanine is administered in the form of a capsule comprising a composition comprising sugar, L-theanine powder coated with gum arabic, flavor and tartaric acid.

28. (Previously Presented) The method of claim 21, wherein the theanine is administered at a dose of 0.2 to 200 mg/kg weight.